

Roasted Red Pepper Gouda Soup

Nutrition Facts	
Serving Size 6 ounces (177g)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0g	0%
Trans Fat	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 15mg	4%
Sodium 330mg	14%
Potassium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Sugars 5g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
Thiamin 0%	• Riboflavin 0%
Niacin 0%	• Vitamin B6 0%
Folacin 0%	• Vitamin B12 0%
Phosphorus 0%	• Zinc 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	* Carbohydrate 4 * Protein 4